

Frederick County Senior Services Division

50+ Community Centers

Fall 2022 Fitness Classes

For program descriptions & more information, visit our website www.FrederickCountyMD.gov/virtual50

	Classes with a Fee	Free Classes
MONDAYS	10:00 \$ Joy of Movement @ VSC @ FSC 12:15 \$ Chair Yoga @ VSC @ FSC @ USC (hybrid) 1:30 \$ Square Dance @ FSC 2:45 \$ Floor Yoga @ VSC @ FSC	9:00 Baker Park Walk @ FSC 9:00 Pickleball @ USC 9:15 Video Exercise @ USC 10:00 Video Exercise @ ESC 10:30 Video Exercise @ USC
TUESDAYS	9:00 \$ Strength/Stretch @ VSC @ FSC @ BSC (hybrid) 10:30 \$ Flow Yoga @ VSC Noon \$ M&M @ VSC @ ESC @ FSC (hybrid) 12:30 \$ Zumba Gold @ VSC @ FSC 1:00 \$ Tai Chi Level 1 @ ESC 6:00 \$ Zumba Gold @ BSC	9:15 Video Exercise @ ESC @ USC 10:30 Video Exercise @ USC 1:15 Bocce @ FSC (Oct 11 & 18)
WEDNESDAYS	11:00 \$ M&M @ USC Noon \$ Tai Chi Level 1 @ USC 12:30 \$ Zumba Gold @ VSC @ FSC 1:45 \$ Tai Chi Level 1 @ FSC 3:00 \$ M&M @ VSC @ FSC 7:00 \$ Yoga Nidra @ VSC (2 nd Wed)	9:15 Video Exercise @ ESC, USC 10:00 Pickleball @ BSC 10:30 Video Exercise @ USC 11:00 Wii Sports @ BSC 1:00 Pickleball @ ESC 1:30 Wii Sports @ USC
THURSDAYS	9:00 \$ Strength/Stretch @ VSC @ FSC @ BSC (hybrid) 10:30 \$ Flow Yoga @ VSC 11:00 \$ Chair Yoga @ VSC @ FSC 1:00 \$ Line Dance @ VSC @ FSC	9:15 Video Exercise @ ESC @ USC 10:30 Video Exercise @ USC
FRIDAYS	9:15 \$ Zumba Gold @ VSC 10:30 \$ Yin Yang Yoga @ VSC	12:30 Pickleball @ ESC
SATURDAYS		10:00 Pickleball @ BSC
@ BSC Brunswick @ ESC Emmitsburg @ FSC Frederick @ USC Urbana @ VSC Virtual		

You must pre-register for all programs. Programs with an “\$” have a fee.
 Instructors will teach in-person at the centers listed unless it is a hybrid program.
 Hybrid programs are virtual programs that are broadcast on a large screen.

Website: www.FrederickCountyMD.gov/Virtual50

Email: VirtualSeniorCenter@FrederickCountyMD.gov

Registration Information

Pre-registration is required for all programs. Limited space for in-person programs.
Masks are strongly recommended. Programs may be postponed or canceled.
Registration must be received least two business days before program.

Confirmation: Once we receive your registration, we will contact you with more details about the programs. Your registration is not complete until you hear from us!

Registration Fees

In-Person Single Fitness Class - Good for one in-person only program for the quarter
\$30 per participant per program

Virtual and Hybrid (Hybrid programs are virtual programs that are broadcast on a large screen.)

Option 1: All-Access Virtual Fitness Pass: \$60 per pass per participant

Good for all virtual fitness classes @ VSC & hybrid program

The All-Access Virtual Fitness Pass is **NOT** valid for any classes where the instructor is teaching in-person.

Option 2: Single Fitness Class - Good for one virtual fitness program or hybrid program

\$30 per participant per program (Yoga Nidra: \$10 per participant)

Payment must be included with registration. Payment is non-refundable.

Credit/Debit Card: Online (you may pay with a check at one of the centers)

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

- Once on the website, located the “Category” boxes on the left side.
- Click on the button for the category you want
- Click on the program you want and add the selected program to your shopping cart

Scholarship Information

Scholarships are available to help pay for fitness classes. For more information:

visit www.FrederickCountyMD.gov/Virtual50 or email SeniorServices@FrederickCountyMD.gov

Free Programs

Registration must be received at least two business days before program.

Email: VirtualSeniorCenter@FrederickCountyMD.gov or call one of the senior centers

Brunswick Center (BSC)

Cathy Barnes

12 E. A Street
Brunswick, MD 21716
301-834-8115

Emmitsburg Center (ESC)

Caitlyn Kirby

300 S. Seton Avenue
Emmitsburg, MD 21727
301-600-6350

Frederick Center (FSC)

Dara Markowitz

1440 Taney Avenue
Frederick, MD 21702
301-600-3525

Urbana Center (USC)

Susan Hofstra

9020 Amelung Street
Urbana, MD 21704
301-600-7020

Virtual Center (VSC)

VirtualSeniorCenter@FrederickCountyMD.gov

Senior Services Division

301-600-1234

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